

ABSTRACT

A harness device, an associated kit and a method of using same are described for use in allowing a user to push an attached stroller without the need for the user's arms while simultaneously dampening undesirable up and down vertical rocking motions on the stroller which may be brought about from strides of the user walking, jogging or running. The device includes the interconnected elements of a clamp; a joining bar; a ball joint; an elongated vertical slot joint; a base plate; a waist belt; a first belt coupler; and a second belt coupler. The kit includes the unassembled components of the device. The method of using same includes the steps of affixing, grabbing, grasping; jogging, locking, obtaining, placing, pushing, running, sliding, walking, and wrapping.